



Joslyn Adult Center - 1301 West Olive Avenue, Burbank - 818.238.5353
 Monday-Friday, 8:00 a.m.-8:00 p.m.; Saturday 9:00 a.m.-4:00 p.m.; and Sunday 10:00 a.m.-4:00 p.m.

Join Us!

Joslyn Weekly Activities - Daily

SUNDAY

Table Tennis	11:00	a.m.	
Matinee Dance (with DJ)	12:30	p.m.	+

MONDAY-FRIDAY

Lunch Program	11:15	a.m.	<input checked="" type="checkbox"/> *
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MONDAY

Fitness Class - Kundalini Yoga	8:30	a.m.	
Computer Class Assessments (9:30-11:00 am)	9:30	a.m.	
Oasis Walkers	9:30	a.m.	
Painting Group - join us!	1:00	p.m.	
Memoir Writing	1:00	p.m.	<input checked="" type="checkbox"/>
Chess	1:00	p.m.	
T'ai Chi: Intermediate / Beginner)	1:00/2:00	p.m.	+
T'ai Chi: Fan / Long Form +	3:00/3:30	p.m.	+

TUESDAY

Mindfulness Meditation	8:30	a.m.	
Resistance Training	8:15	a.m.	
Braille Community Center Program (Sep-Jul)	9:00	a.m.	<input checked="" type="checkbox"/>
Ballroom Dancing (recorded music)	9:45	a.m.	
K1, C1 Knitting Group	9:30	a.m.	
Karaoke	12:00	noon	
Mah Jongg Play - all levels	12:00	noon	
Bunko	1:00	p.m.	
Senior Support Group	3:00	p.m.	<input checked="" type="checkbox"/>
Learn 'N Line Dance - Beginners	6:15	p.m.	+

WEDNESDAY

Fitness Class - Beginners	8:30	a.m.	
Texas Hold-em	8:30	a.m.	
Sing-a-Long (Nutrition)	10:00	a.m.	
Auld Lang Syne Bridge	11:30	a.m.	<input checked="" type="checkbox"/> +
Wii Wednesdays (Virtual Bowling)	12:30	p.m.	
Ukulele Beginner Class (March)	2:00	p.m.	
Ukulele Group (J.A.M.S.)	3:00	p.m.	
B&B Square Dance Class-Beg (Sep-June)	6:45	p.m.	+

☒ Sign-up/appointment required; * \$2.00 suggested donation;
 + Session fee is higher then regular \$2.00 fee (discount with BSAC).

THURSDAY

Mindfulness Meditation	8:30	a.m.	
iPad Class Assessments (9:30-11:00 a.m.)	9:30	a.m.	
Crochet/Knitting Class/Group	9:30	a.m.	
Hula-Beginners	9:45	a.m.	
Hula-Advanced	10:30	a.m.	
Duplicate Bridge	11:00	a.m.	<input checked="" type="checkbox"/> +
Mah Jongg - advanced play	12:00	noon	<input checked="" type="checkbox"/>
Pan	12:15	p.m.	<input checked="" type="checkbox"/>
Bingo for a Buck	1:00	p.m.	+
Chess	1:00	p.m.	
Cribbage	1:00	p.m.	
Chair Fitness with Kaye	2:30	p.m.	
Horseshoes	6:30	p.m.	
Ballroom Dance (live music)	7:00	p.m.	+

FRIDAY

Chair Exercise	8:30	a.m.	
Texas Hold-em	8:30	a.m.	
T'ai Chi (outdoors)	9:30	a.m.	+
Friday Bridge	11:30	a.m.	<input checked="" type="checkbox"/> +
RSVP Sewing/Knitting/Crocheting	12:30	p.m.	
T'ai Chi: Beginner	3:30	p.m.	+
Ballroom Dance Class-Beginner	6:45	p.m.	+

SATURDAY

Texas Hold-em	9:15	a.m.	
Line Dancing Class-Ultra Beginner	9:30	a.m.	+
Quilting Group	9:30	a.m.	
Line Dancing Class-Beginner Plus	10:30	a.m.	+
Balance Class	12:00	noon	+
Zumba Gold	1:30	p.m.	+
Fitness for Life	2:30	p.m.	+

DAILY

Game Room: Drop-in play - Open hours (please note posted exceptions)		
Open Computer Lab / Pool Rooms	open hours	